"The South 40"
by JAMES A. SMITH
EXTENSION AGENT

Have you seen any poisonous spiders? I've found seven Black Widows in recent weeks. There are lots of spiders out this fall; so watch out where you put your hands.

For control either Vapona or Pyrethrins will give a quick knockdown. Malathion also does a good job and would probably last longer.

* * *

There's still time to use a "pour on" treatment for grubs and lice. Remember, don't use these materials later than November 1. There are a half dozen good materials on the market. The important thing is to get the cow herd and yearlings treated now.

* * *

Livestock owners just aren't making maximum use of the forage testing program.

There's no reason for feeding animals "blindly" again this year when you can fairly accurately determine the protein and energy needs.

* * *

1100 dairymen in Virginia had 2386 forage samples analyzed last year.

Balancing for crude fiber and crude protein, they were able to increase production and value over feed cost in spite of lower quality forages and higher priced concentrates.

Dairymen will profit if they continue to push for higher quality forages and then, regardless of quality, determine through a forage test the proper supplement needed for their quality forage.

* * *

The Dairy Herd Improvement Program continues to provide benchmark information for evaluating production, feeding and management results of the Virginia dairy industry. The 930 participating dairymen are the primary beneficiaries of production record programs, using the results to make timely adjustments in feeding and management and to identify superior animals for selective breeding programs.

* * *

With new technology researchers have been able to bring cattle into full milk production in a period of three weeks without a concurrent pregnancy.

Federal Food and Drug has not granted approval of this technique.

Currently, an average heifer starts production at 30 months of age and reinitiatess a lactation every 14 months. With the new proceedure a heifer could be brought into production before 24 months of age and should start a new lactation every 12-13 months.

* * *

Cigarette consumption per person 18 and older this year is estimated about 1 percent above 1971 when 292 packs were smoked. We'll use about two more packs per person this year. That's 4,080 cigarettes. A recent high was 4,345 cigarettes in 1963.

But pounds of tobacco continue to go down. In 1963 it was 9.70 pounds per person over 18; now it's only 7.73 pounds. During the past 10 years there's been an orderly shift in less tobacco and more substitutes.

Some recently introduced tobacco products are selling for considerably less than their competition, but the label clearly states that both tobacco and non-tobacco products are used in the manufacture.

* * *

PRECIPITATION:

Last Week	.28
This Month	6.58
This Year	52.15

Farm Bureau Calls For Regulation In Hospital Rates

The Virginia Farm Bureau Rural Health Advisory Committee has called for the State Corporation Commission to regulate hospital room rates to combat the rising cost of health care.

It also recommended that a certification of need be established by the state to control the overbuilding of hospital facilities in Virginia.

These recommendations were made in the face of what was termed as "skyrocketing cost of medical care, and mushrooming of hospitals in certain areas."

The committee's recommendations will be offered to the Farm Bureau Federation for consideration and support.

Another recommendation called for the full support of a program to provide additional training to registered nurses to have them certified as primary assistants to physicians.

Other recommendations called for promotion of career opportunities in health and medicine; sponsorship by Farm Bureau of a student to medical school; assistance to rural communities to attract family physicians; and other projects to reduce medical costs.

"As consumers in the medical field we have a right and a duty to make ourselves heard," said Mrs. Mary Frances Houff of Augusta County, who is committee chairman.

"The rural citizen needs to be heard, and we feel that Farm Bureau is the proper vehicle to take our concern to the people," she said.

"We have a great concern about the high cost of medical care," she said, "and feel that these are issues vital to all citizens of Virginia."

The committee drew up its recommendations after hearing from health care organizations, doctors, hospital organizations, and medical school representatives.

Farm Bureau has a history of concern for improvement of rural health care. Five years ago it actively supported legislation to obtain departments of family practice at Medical College of Virginia and the University of Virginia.

The General Assembly authorized establishment of departments in both schools. There are now 47 resident doctors in family practice training at MCV and seven at the University of Virginia.

In a day long meeting the committee heard testimony from expert witnesses in the field of health care.

Representatives of Blue Cross plans in Richmond and Roanoke cited figures which ranks Virginia first in the nation with the number of hospital beds per 1,000 population. The committee was also told Virginia had the largest number of investor owned hospitals per 1,000 persons in the U. S.

It was pointed out that unnecessary hospital building creates understaffing and empty beds, and these factors along increase cost to patients.

Early this year the General Assembly failed to pass S.B. 108 which would require hospitals and nursing homes to obtain a certification of need prior to licensing for additions, new facilities or substantial alternations. It passed the Senate, but was stalled in the House General Laws Committee. The Farm Bureau committee would seek to resubmit this bill.

Homemaker Hints

By Rebecca M. Johnson
Extension Agent

Those of you who missed the Lynchburg Regional Health forum held October 11 at Virginia Baptist Hospital, really missed a treat. Dr. John S. Davis of U. Va. told enlightening facts about arthritis. Louise Wiedmer of Richmond spoke on "Foods For Fitness", with special emphasis on the diet of aging. Keep the program in mind for next year.

Mrs. T. C. Harvey, Sr. County Chairman of Appomattox Extension Homemakers, is looking for a replacement. Her term expires this year and she wants some names for the nominating committee to choose from. Please give her the names of those you think would make a good County Chairman for the next two years. Her number is 352-7868.

If you're crazy about cheese sandwiches but want some variety, try one of the following:

-Spread mustard on the bread, then add cheese and grill.

-Spread heated asparagus over open-faced grilled cheese sandwiches and top with sour cream.

-Add slices of pineapple to a cheese sandwich before grilling

-Pour Welsh Rabbit or melted cheese over a club sandwich and eat with a knife and fork.

-Put sliced cucumbers with cottage cheese on pumpernickel bread.

Taters Grow Big

Nathan M. Snell, pictured above, of Evergreen raised the five big potatoes he is holding. They were grown on the property of Mr. Glenn Martin of Route 1, Appomattox.

These five kenny-back type of potatoes weigh 6 pounds and Mr. Snell says they are enough for any one man's family.

ROCKS

Oct. 16 Farmers have started sowing wheat and picking corn.

The Quartet furnished special music for the Lions Meeting at Appomattox on Thursday night.

Flora Dickerson spent Wednesday with Mrs. Samuel Dickerson and Mrs. Roy Keys.

The new steeple was erected on Rocks Church Tuesday morning. A number were there to see it put up. This improved the looks of the church very much.

Mrs. Hunter Martin, Sr. received word last week of the arrival of another great grandaughter born to Mr. and Mrs. Fred Martin, Jr. of Lufkin Texas on October 9.

A number went to Hollywood Thursday night for the Appomattox Association that met there. The Elder and McIntosh Quartet furnished special music.

Several from Rocks attended the Association at Evergreen church on Friday.

Sympathy is extended the Clarence Simmons family. He was buried on Friday morning.

A stork shower was given Mrs. Aulden Roach at the home of her sister, Mrs. Glen Morris on Friday night.

Mrs. Robert Roach, Mrs. Dave Childress and Mrs. W. R. Moore attended the stork shower for Mrs. Newton Tolley at Piney Ridge Church on Saturday night.

A house warming was given Mr. and Mrs. Bradley Baldwin Saturday night at their new home.

Rev. and Mrs. W. H. Elder and girls went to Newport News Saturday for the day.

Jack Price died Saturday morning at [illegible] Hospital. [illegible] ed the funeral [illegible] Mrs. W. B. [illegible] Sunday. A [illegible] washed for [illegible]

Cleaner Air Week To Be Observed

The 24th **Cleaner Air Week** will be held on October 15 - 21 throughout the nation. Established in 1949 by the Air Pollution Control Association (APCA), this year the annual event will be co-sponsored by the National Tuberculosis and Respiratory Disease Association (NTRDA).

State and local TB-RD associations in Virginia will observe the week in their localities. The Central Virginia Tuberculosis and Respiratory Disease Association will conduct educational activities in the Central Virginia area.

According to Miss Meade Boswell, Chairman of the Association's Air Conservation Committee, "Cleaner Air Week has a three-fold purpose. First," she went on, "to assess air pollution problems, especially at the community level, and second, the progress being made toward solutions."

"Next, we should publicize the situation," she said, "and encourage support of necessary corrective measures by all individuals and interests, both public and private."

President Richard M. Nixon has commended the two organizations on their joint sponsorship of Cleaner Air Week. In his statement to the public he said, "In the past, Cleaner Air Week has been sponsored by the Air Pollution Control Association, a professional organization of air pollution control experts, largely from government and industry. It is especially significant that, for the first time, they are joined by the National Tuberculosis and Respiratory Disease Association. In its many dedicated professional members and thousands of men and women concerned with the health of their families and neighbors."

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1966 CHEVROLET
CAPRICE Coupe - V-8 Automatic Transmission - Power Steering and Brakes - Radio - White Wall Tires -
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New Look In Report Cards At ACHS

[illegible] Appomattox County High School will issue a new [illegible] The idea of the new card is to cause the teacher [illegible] and think more about a grade before recording it [illegible] report card. Also, for other areas, that may have an [illegible] business grades be considered before the grade [illegible] determined.

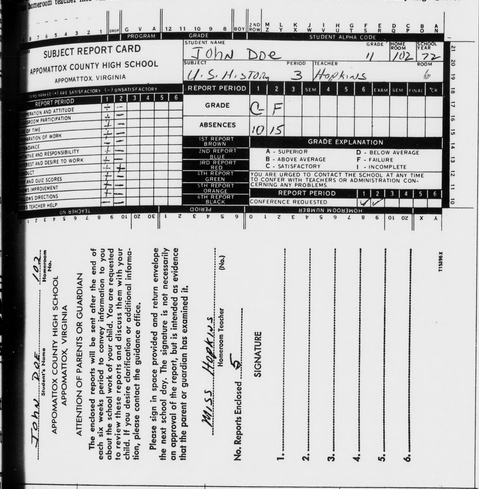
[illegible] will receive a report card from each classroom [illegible] instead of receiving just one from his homeroom [illegible] for example, if John Doe (see example below) is [illegible] classes, he will receive six report cards. Report [illegible] will not be issued for Study Halls.

[illegible] student will receive an envelope (pictured below) [illegible] homeroom teacher into which he should place his report cards. Parents are asked to sign the envelope and RETURN ONLY the envelope to the homeroom teacher. PLEASE DO NOT RETURN THE REPORT CARDS.

Each six weeks report cards will be a different color and certain information such as grades, comments, conference requested will be imprinted on the next report card. This will allow a parent to see, at a glance, how well his son or daughter achieved the previous six weeks.

Parents are asked to check their sons and daughters schedules to determine the exact number of cards they might expect to examine at the end of each markong period and to call the Principal's office if questions arise.

Sincerely,
The Administration, Appomattox County High School



Miss Jewel Williams

Who's Who In FBLA

Miss Jewel William's, daughter of Mr. and Mrs. Jim Williams of Pamplin, has been selected as the most outstanding member of the Future Business Leaders of America for the month of October.

Jewel is a very active club member. She serves as treasurer and chairman of the financial committee. She attended the State Convention last spring, which was held in Roanoke. She brought cookies for the tea given in honor of the club's new members. She helped put up the fair booth at the Five County Fair, and she assisted the business department in typing report cards.

The members of the Appomattox County High School FBLA are very fortunate to have such an active member.

Appomattox Garden Club Will Meet Monday Night

The Appomattox Garden Club will hold its regular meeting on Monday evening, October 23, at 7:30 p.m., at the Appomattox County High School cafeteria.

Mrs. Terry G. Davis, program chairman, will be in charge of a work shop on basic arrangements.

All members will participate being divided into three groups. They are requested to bring their own containers and materials with them,

Mrs. Mildred Richardson, Mrs. Evelyn Hubbard and Mrs. Carolyn Davis will be in charge of the groups during the work shop period.

Exhibits will be made at the meeting. Any horticultural specimens can be submitted and will be judged.

Mrs. Maggie C. Spiggle

Celebrates 84th Birthday

The family of Mrs. Maggie C. Spiggle honored her on October 8 at the home of her daughter, Mrs. R. A. Totty. The occasion was her 84th birthday. Mrs. Spiggle was 84 years old October 6. A picnic style lunch was served and enjoyed by all. Those taking part in the occasion was Rev. Darryl Holiday, his wife, Ruth, and children, Mr. and Mrs. D. N. Robertson, Mr. Sam Coleman, Mrs. Irvin Moses, Mrs. Lillian Coleman, Mr. and Mrs. "Dock" Spiggle, Mr. and Mrs. R. A. Totty, Mrs. Lyn Love and son, Mr. and Mrs. Herbert Totty and children, Mr. and Mrs. Richard Phelps and children, Mr. and Mrs. Floyd Fleshman, Mr. and Mrs. Jimmy Garrett, of Lynchburg, Mr. and Mrs. Larry Gulll.

Mrs. Spiggle has three living children, eight grandchildren and ten great grandchildren. We thank God for his blessing of having a mother all these years that has been faithful to all in life and one who has been a Christian, devoted and honest. Those memories will never be forgotten.

DIAL 352-7900

CHESTNUT GROVE BAPTIST CHURCH

The regular preaching service at Chestnut Grove Baptist Church was held on Sunday, October 15, 1972 at 11:30 a.m. and was well attended by members and visiting guest.

Rev. C. C. Arrington, pastor delivered an inspiring sermon. The Junior Choir rendered music, Mrs. Ann Fleshman organist.

Offering for the morning was $139.41.

A special service sponsored by Mrs. Margaret Lampkin for the Building Fund was held at 7:30 p.m. Guest minister for this occasion was Rev. J. E. West, pastor of Hat Creek Baptist Church. A large number attended and was spiritually inspired by a dynamic message. Offering for the evening was $61.00.

MISS BYRNE'S 4-H

Miss Byrne's 6th Grade 4-H Club met at Pamplin Elementary School on Friday, October 13. President Cindy Roach opened with pledges to the American and 4-H flags. Song leaders, Kenneth Walker and Donna Hodges led us in "Red River Valley" and a game 7-up. Then, secretary, Vickie Reed, read the minutes.

Then Mr. Sweet talked about what we would be doing during the year. He showed us 4-H project books and explained about each one. Then he gave us our enrollment cards back to fill in our projects.

Then Mrs. Johnson passed out a survey sheet about our pets. Then our projects were handed out. The president then adjourned the meeting.

Melissa Scott, Reporter

VILLE

Mrs. Garland [illegible] has been visited his [illegible] Lena Burcher in [illegible] Saturday.

[illegible] Coleman had as [illegible] for the week end, [illegible] Mrs. Strawsburg of [illegible] and her two daughters [illegible] Miss. is [illegible] for several days [illegible] her relatives in [illegible]

[illegible] Aubrey Moore and [illegible] Mrs. Clarke [illegible] Mrs. Jimmy [illegible] visited in Lexington [illegible]

[illegible] Mrs. Jimmy Mar[illegible] and Mrs. Clarke [illegible] Mr. and Mrs. [illegible] and family [illegible] afternoon.

[illegible] Harvey spent [illegible] in Amherst last [illegible] Miss Lelia Mann. [illegible] Willie Stosed of [illegible] are staying a [illegible] Mrs. Maggie [illegible] Ethel.

[illegible] that Mrs. Len

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